



# How to teach your kids about fasting



بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيمِ

In the name of Allah, The Most Gracious, The Most Merciful

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Assalamu'alaikum wa rahmatullahi wa barakatuhu,

We pray that this message reaches you  
in good health and imaan.

On behalf of our AMAU Academy team, we would like  
to present to you these compiled notes that we have  
prepared to make your journey with us a lot easier.

Our notes are compiled by the AMAU Admin team  
and have not been comprehensively checked  
by a teacher.

If you find any errors or corrections that need  
to be made, kindly inform us via our email  
**helpdesk@amauacademy.com**

May Allah make our paths toward seeking  
beneficial knowledge easy and kindle our hearts  
with sincerity and gratefulness  
towards Him.

Jazakumullahu Khayran



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جل جلاله  
جَلْ جَلَالُهُ

| جل جلاله | Jalla Jalāluhu  
**Allah the Most Exalted**

صلی اللہ علیہ وسلم  
صَلَّی اللّٰہُ عَلٰیہِ وَسَلَّمَ

| صلی الله عليه وسلم | Sallālāhū Alayhi Wa Sallam  
**Peace and blessings of Allah be upon him**

# How to Benefit from This Course

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*Chapter One*

## The Objectives of This Course

- 1 To explain the concepts and virtues of fasting to children
- 2 To help parents gain the knowledge required to address questions about Ramadan and fasting that their children may have
- 3 To enable them to become an example for their children to follow with regard to this topic
- 4 To teach them ways to gain the rewards of giving continuous charity, sharing beneficial knowledge and having a righteous child who will make du'aa for them

## Introduction

Some of the most beautiful times in our lives are those we share with our families, especially when we bond with our young ones.

As Muslim parents, one of the best things we can do for our children is to help them learn about Allah's Deen, and guide them towards goodness and warn them against evil.

This effort is like an investment that keeps yielding profit, even after we are gone.

There are three ways through which a Muslim can continue to benefit from good deeds even after he has passed away. The Prophet ﷺ told us:

1

**إِذَا مَاتَ إِنْسَانٌ انْقَطَعَ عَنْهُ عَمَلُهُ إِلَّا مِنْ ثَلَاثَةِ إِلَّا مِنْ صَدَقَةٍ جَارِيَةٍ أَوْ عِلْمٍ يُنْتَفَعُ بِهِ أَوْ وَلَدٍ صَالِحٍ يَدْعُو لَهُ.**

**When a man dies, his acts come to an end, but three, recurring charity, or knowledge (by which people) benefit, or a pious son, who prays for him (for the deceased).**

Sahih Muslim 1631

“  
**AMAZINGLY,  
YOU CAN ACHIEVE ALL  
THREE BY TEACHING  
YOUR CHILD BENEFICIAL  
KNOWLEDGE.**  
”



## A — A Challenge Parents Face While Teaching Beneficial Knowledge

When parents want to teach their kids about Islam, fasting, and the month of Ramadan, they sometimes feel unsure about how to do it correctly. They worry about sharing something wrong due to a lack of knowledge.

This is a valid concern, as Allah says in the Qur'an:

2

وَلَا تَقْفُ مَا لَيْسَ لَكَ بِهِ عِلْمٌ إِنَّ الْسَّمْعَ وَالْبَصَرَ  
وَالْأَفْوَادَ كُلُّ أُولَئِكَ كَانَ عَنْهُ مَسْؤُلًا



**Do not follow what you have no 'sure' knowledge of. Indeed, all will be called to account for 'their' hearing, sight, and intellect.**

Surah al-Isra 36

## B — How to Benefit From This Course

Here are some tips to help you and your kids make the most of this course:

- Watch the series together.

Children love to learn by example. Show your child that you are willing to sit, learn, and engage with them. Create notes and plans, explore the videos together and share with them the learnings you derive from the lessons.

- Watch it on your own and then pass it on.

Watch the series by yourself and then present a summary of it to your children - just like a teacher.

- A combination of both of these strategies.

You could watch it by yourself first, create notes or add information that you think would be beneficial, and then present the videos to your children, adding your input and engaging them in fruitful discussions wherever necessary.

# What Makes Ramadan So Special?

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*Chapter Two*

Have you ever wondered why the month of Ramadan is unlike any other month in the Islamic calendar? Let us explore what makes this month truly remarkable.

In a hadith narrated by Abu Hurairah رضي الله عنه, the Prophet ﷺ shared special insights about Ramadan's unique characteristics:

1

إِذَا كَانَ أَوَّلُ لَيْلَةٍ مِنْ شَهْرِ رَمَضَانَ صُدِّقَتِ الشَّيَاطِينُ وَمَرَدَةُ الْجِنِّ وَغُلْقَتْ أَبْوَابُ النَّارِ فَلَمْ يُفْتَحْ مِنْهَا بَابٌ. وَفُتُّحَتْ أَبْوَابُ الْجَنَّةِ فَلَمْ يُغْلَقْ مِنْهَا بَابٌ وَيُنَادِي مُنَادٍ يَا بَاغِيَ الْخَيْرِ أَقْبِلْ وَيَا بَاغِيَ الشَّرِّ أَقْبِرْ وَلِلَّهِ عُتْقَاءُ مِنَ النَّارِ وَذَلِكَ كُلُّ لَيْلَةٍ.

**"On the first night of the month of Ramadan, the Shayateen are shackled, the jinns are restrained, the gates of the Fires are shut such that no gate among them would be opened. The gates of Paradise are opened such that no gate among them would be closed, and a caller calls: 'O seeker of the good; come near!' and 'O seeker of evil; stop! For there are those whom Allah frees from the Fire.' And that is every night."**

Jami` at-Tirmidhi 682

### 1 When Does Ramadan Begin?



We welcome Ramadan when we spot the delicate crescent of the new moon towards the end of the previous month.

The Prophet ﷺ said:

2

... صُومُوا لِرُؤْيَتِهِ وَأَفْطِرُوا لِرُؤْيَتِهِ ...

**[...] Observe fast on sighting it (the new moon) and break (fast) on sighting it (the new moon) [...]**

Sahih Muslim 1081b

## 2 What You Should Know About Ramadan

01



Ramadan holds the position of the ninth month within the Islamic calendar. This calendar is based on the changing phases of the moon, and it is shorter than the Gregorian calendar by 10 days.

02



During Ramadan, the Shaytaan and the stubborn devils are shackled. Their influence is weakened. This gives Muslims the advantage of performing good deeds without falling prey to their whispers.

03



Throughout this special month, the gates of Hell are closed, while the gates of Paradise are wide open. This creates countless chances for believers to do good deeds and draw closer to Allah.

04



An angel calls out during Ramadan, encouraging those who do good to come forth with their deeds and urges those with evil desires to restrain themselves.

05



On every night of this month, Allah declares certain people free from Jahannam. They will never touch the fire.

Among the greatest virtues of this month is that the Qur'an was revealed in it, as Allah tells us in Surah al-Baqarah:

06



شَهْرُ رَمَضَانَ الَّذِي أُنْزِلَ فِيهِ الْقُرْءَانُ هُدًى لِلنَّاسِ وَبِيَتٍ مِنَ الْهُدَىٰ وَالْفُرْقَانِ

**Ramadān is the month in which the Quran was revealed as a guide for humanity with clear proofs of guidance and the standard 'to distinguish between right and wrong...'**

Surah al-Baqarah 185

In this month is a night that is better than a thousand months. It is called "Laylatul Qadr":

07



يَلَةُ الْقَدْرِ خَيْرٌ مِنْ أَلْفِ شَهْرٍ

**The Night of Glory is better than a thousand months.**

Surah al-Qadr 3

A single prayer, dua, tasbih or any form of worship done on this night is rewarded as if it had been done for 83 years!

These insights about Ramadan should inspire us all to eagerly embrace this sacred time of worship.

Another excellent way to inspire any Muslim to fast is to explain to him the love Allah ﷺ has for the one who fasts, and the promises of His unlimited reward for it. The Prophet ﷺ told us:

3

كُلُّ عَمَلٍ ابْنِ آدَمَ يُضَاعِفُ الْحَسَنَةُ عَشْرُ أَمْثَالِهَا إِلَى سَبْعِمِائَةٍ ضِعْفٍ قَالَ اللَّهُ عَزَّ وَجَلَّ إِلَّا الصَّوْمَ فَإِنَّهُ لِي وَأَنَا أَجْزِي بِهِ يَدْعُ شَهْوَتَهُ وَطَعَامَهُ مِنْ أَجْلِي

**Every (good) deed of the son of Adam would be multiplied, a good deed receiving a tenfold to seven hundredfold reward. Allah, the Exalted and Majestic, has said: With the exception of fasting, for it is done for Me and I will give a reward for it, for one abandons his passion and food for My sake.**

Sahih Muslim 1151e

This hadith proves that the reward of fasting is unlimited.

# why We Should Fast

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*Chapter Three*

- Why We Should Fast

Knowing the purpose and reason behind an action allows us to do the action correctly and assess how perfectly or poorly we perform it. Therefore, it is worthwhile to ask the question: *Why do we fast?*

### A The Purpose of Fasting

The idea that Muslims fast to empathize with those who are poor and go hungry, although well-intentioned, is incorrect. It takes away from the real and beautiful purpose of fasting.

Allah informs us of the genuine reason why Muslims fast during Ramadan:

1

يَأَيُّهَا الَّذِينَ ءامَنُوا كُتِبَ عَلَىٰ الَّذِينَ مِنْ قَبْلِكُمْ لَعَلَّكُمْ تَتَّقَوْنَ

**O believers! Fasting is prescribed for you—as it was for those before you—so perhaps you attain the Taqwa of Allah.**

Surah Baqarah 183

in this verse:

- Allah addresses the believers.
- He commands them to fast, and tells them that the previous generations were also commanded to engage in this act of worship.
- The purpose of fasting mentioned here is to develop Taqwa.

### B Understanding "Taqwa"

The word تقوى means to shield yourself from something you are scared of. As Muslims, our aim should be to attain Taqwa so we can protect ourselves from the anger and punishment of Allah ﷺ.

Fasting, for the Muslims, is a shield (جنة). It helps them attain Taqwa and protects them from the fire.

### C How to Attain Taqwa to Protect Oneself From the Punishment of Allah?

A Muslim attains Taqwa by:

- Performing lots of good deeds for the sake of Allah while following the example of our Prophet ﷺ.
- Avoiding wrong actions for His sake.

These two are the purpose behind the legislation of fasting in the month of Ramadan. Fasting helps us engage in good deeds and leave off evil, which in turn helps us attain Taqwa.

As Muslims, we enter the month of Ramadan with the intention of being good believers, and it provides us with a training ground to become better Muslims for the entire year, and not just exclusively during Ramadan.

### D How Fasting Trains Us

Fasting trains us to leave things off solely for the sake of Allah.

Eating, which is generally halal, becomes haram during the prescribed times for fasting.

In this way, Ramadan teaches us that if a believer can leave things that are crucial for his survival, like food, out of love and obedience to Allah, then surely, he can leave off sins and wrongdoings for His sake.

Fasting helps us practice patience while doing good deeds and avoiding bad ones.

# Who Should Fast?

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*Chapter Four*

# FASTING DURING RAMADAN IS OBLIGATORY FOR EVERY ADULT.

In Islam, being considered an adult is not solely based on reaching a specific legal age. Instead, it is determined by the emergence of puberty signs, such as the growth of body hair or the onset of menstrual cycles in girls.

Even if you have not become an adult yet, Islam encourages you to start praying and fasting early. This way, you can get accustomed to practising your religion when it becomes obligatory for you.

Between 7 and 9 years, a child should be encouraged to fast regularly, as is the case with Salah. At 10 years of age, a child should be fasting all days of Ramadan and praying 5 times a day, failing which they should be disciplined.

Note: The ages mentioned above pertain to years in the Hijri (Islamic) calendar, which are shorter than the years in the Gregorian calendar. Consequently, a child who is 10 years old according to the Gregorian calendar might be approximately 11 years old in terms of the Hijri calendar.

## A The Ones Who are Exempted From Fasting

Allah makes mention of two categories of people who are exempted from fasting during Ramadan:

1

وَمَنْ كَانَ مَرِيضًا أَوْ عَلَى سَفَرٍ فَعَدَهُ مِنْ أَيَّامٍ أُخَرَ...

**...But whoever is ill or on a journey, then 'let them fast' an equal number of days after Ramadan...**

Surah al-Baqarah 185

The one who is ill is exempted from fasting. Being ill here refers to being in a very bad state of health. Having a sickness that could get worse if you fast also falls in this category.

However, common things like headaches, stomach upsets, or feeling tired do not count as health issues that exempt people from fasting.

If you are travelling, you can choose not to fast, but it is better to continue if it is not difficult for you during the journey.

Days missed during Ramadan due to illness or travel should be made up later in the year, when you are feeling better or when your journey ends.

**To summarise, fasting is obligatory  
for someone who is:**

**1 MUSLIM & AN ADULT**



**2 HEALTHY**



**3 NOT ON A JOURNEY**

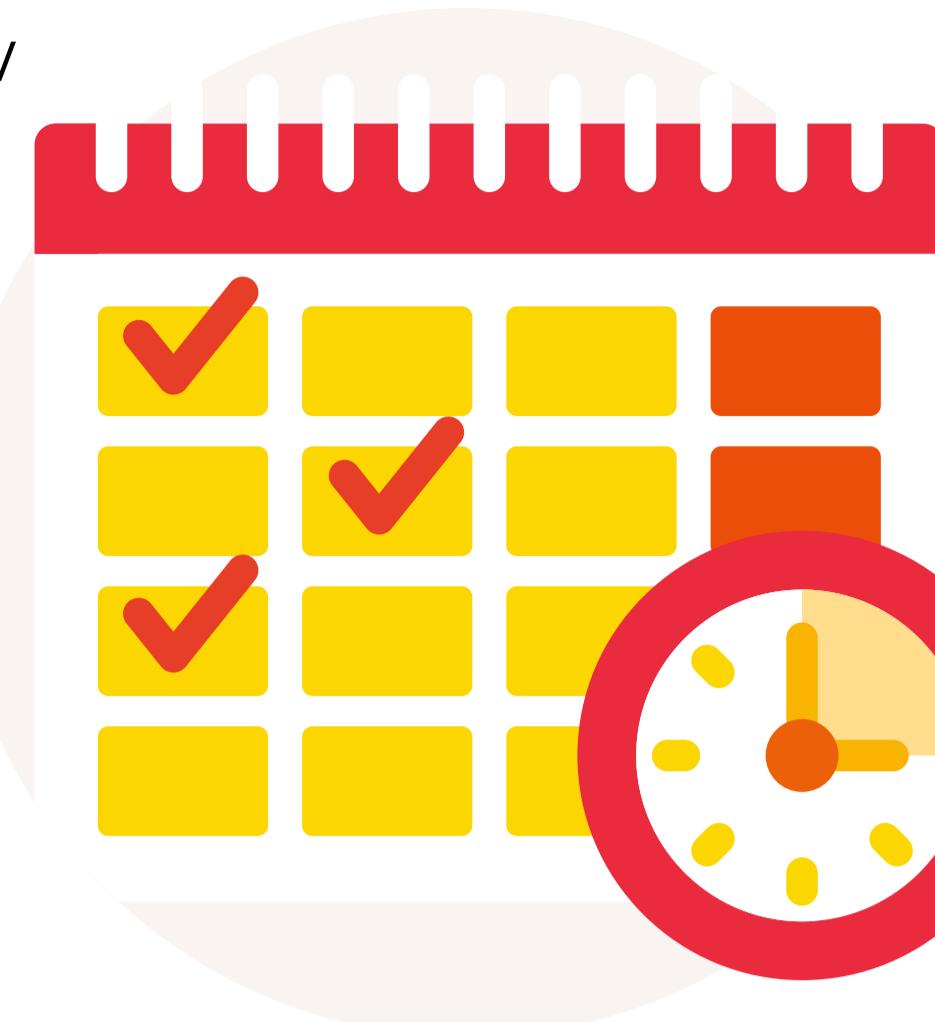
# How To Fast?

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*Chapter Five*

- How to Fast?

The first thing one needs to know when learning how to fast is the **timing** - *when to begin your fast and when to break it.*



### A When to Start and Stop Fasting

Your fasting time begins when you hear the *Adhaan* of Fajr and ends at the time of the *Adhaan* of Maghrib. If you do not hear the *Adhaan*, follow the Fajr and Maghrib times in your area.

### B Important Things to Do Before Fasting

The word تقوى means to shield yourself from something you are scared of. As Muslims, our aim should be to attain Taqwa so we can protect ourselves from the anger and punishment of Allah ﷺ.

Fasting, for the Muslims, is a shield (جنة). It helps them attain Taqwa and protects them from the fire.



### Niyyah/ نية [intention]

Making the niyyah, or intention, means that you know that you will be fasting for the month of Ramadan. Before you go to sleep or before Fajr time, quietly think that you will be fasting. You do not have to say anything out loud. This is your intention.

You can keep a single intention for the entire month. If for some reason, like sickness or travel, you take a break from fasting, you need to renew your niyyah before the Fajr time begins for the next day.



### As-Sahooor/ السحور [food eaten during suhoor time]

Suhoor refers to the time just before Fajr.

Eating at suhoor time is a recommended Sunnah as it has immense barakah in it. The Prophet ﷺ said:

تَسْحَرُوا فَإِنَّ فِي السَّحُورِ بَرَكَةً.

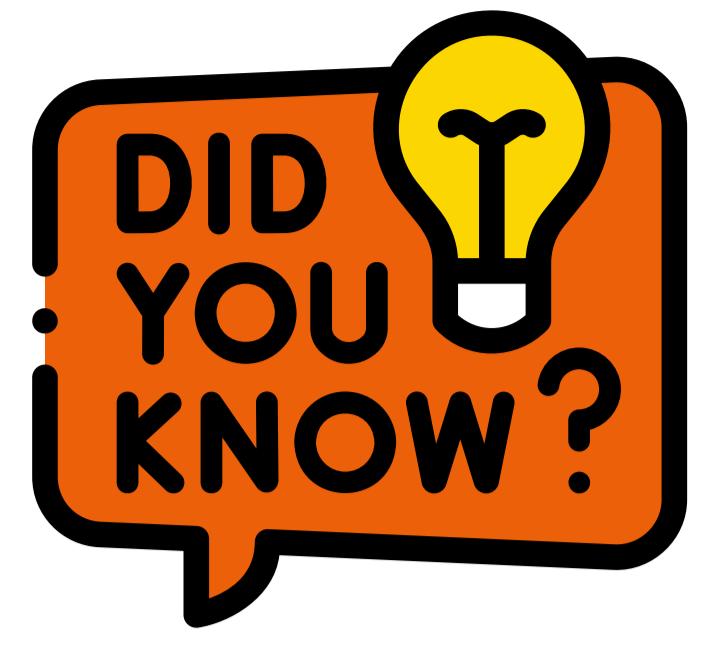
**Take Sahooor as there is a blessing in it.**

Sahih al-Bukhari 1923

### Tips to eat smart at suhoor:

- 1 Eat food that will keep you energized for the whole day. Instead of candies and chocolates, consider cereal, porridge, oats, and so on.
- 2 Avoid overeating as this will make you hungry later during the day.
- 3 Do not forget to drink a good amount of fluids such as water, juice or milk, to keep yourself hydrated.

**“ Humans can easily go for about forty days without food. However, they cannot live for long without water. ”**



### c) Important Things to Do Before Fasting

There are several things that break the fast, but listed below are the nullifiers that are relevant for children attempting to fast for the first time.

- **Consuming food or drink.**
- **Engaging in actions resembling eating or drinking – for instance, taking injections, medications, or pills.**
- **Smoking, vaping, and other comparable activities.**
- **Donating blood.**
- **Menstrual cycles for girls who have reached puberty. They must abstain from fasting during their periods and compensate for the missed fasts later.**

### D) Things That Reduce the Reward of Your Fast

These are important things that we must keep in mind while fasting as they can reduce the reward of our fast until it becomes zero.

## 1 FOUL LANGUAGE

We see the importance of being mindful of our language and actions when we are in a state of fasting in the following hadith:

إِذَا أَصْبَحَ أَحَدُكُمْ يَوْمًا صَائِمًا فَلَا يَرْفُثْ وَلَا يَجْهَلْ فَإِنْ امْرُؤٌ شَاتَمَهُ أَوْ قَاتَلَهُ فَلْيُقْلِنْ إِنِّي صَائِمٌ إِنِّي صَائِمٌ.

**Abu Huraira رضي الله عنه reported: When any one of you gets up in the morning in the state of fasting, he should neither use obscene language nor do any act of ignorance. And if anyone slanders him or quarrels with him, he should say: " I am fasting, I am fasting."**

Sahih Muslim 1151a

## 2 LYING

The one who is evil in his words and actions during Ramadan is losing sight of the real purpose of fasting.

مَنْ لَمْ يَدْعُ قَوْلَ الزُّورِ وَالْعَمَلَ بِهِ فَلَيْسَ لِلَّهِ حَاجَةٌ فِي أَنْ يَدْعَ طَعَامَهُ وَشَرَابَهُ.

**Narrated Abu Huraira: The Prophet ﷺ said, "Whoever does not give up forged speech and evil actions, Allah is not in need of his leaving his food and drink (i.e. Allah will not accept his fasting.)"**

Sahih al-Bukhari 1903

- How to Fast?

### 3 LOOKING AT OR LISTENING TO THINGS THAT ARE HARAAM

Such as movies, music, backbiting, speaking disrespectfully to parents, etc.

### 4 GETTING ANGRY

#### E Breaking the Fast



**As soon as you hear the Adhaan of Maghrib, you should rush to break your fast.**

How did our Prophet ﷺ break his fast?

He ﷺ would prefer to break his fast with "Ruttab" dates, and if he could not find them, he would break them with "Tamer" or dry dates, and if he could not find either, he would break his fast with water.

1

كَانَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يُفْطِرُ قَبْلَ أَنْ يُصَلِّيَ عَلَى رُطَبَاتٍ فَإِنْ لَمْ تَكُنْ رُطَبَاتٌ فَتَمْرَاتٍ فَإِنْ لَمْ تَكُنْ تَمْرَاتٍ حَسَا حَسَوَاتٍ مِنْ مَاءٍ.

**Anas bin Malik narrated: "The Messenger of Allah would break the fast with fresh dates before performing Salat. If there were no fresh dates then (he would break the fast) with dried dates, and if there were no dried dates then he would take a few sips of water."**

Jami` at-Tirmidhi 696

There is nothing wrong with breaking one's fast with whichever food or drink one wants. However, it is always better to follow the Sunnah of our Prophet ﷺ in every situation.

Be mindful about overeating at Iftaar time and continue to drink water throughout the night.

#### F What if You Forgetfully Eat or Drink?

As soon as you remember that you are fasting, do the following:

- Stop eating or drinking immediately
- Get rid of whatever food is in your mouth
- Continue fasting until Maghrib time

You will not be sinful for eating or drinking out of forgetfulness and your fast will remain valid.

#### E More Things to Keep in Mind When Fasting



##### Wudu

When rinsing your mouth during Wudu, avoid gargling to prevent water from entering your throat.



### Oral Hygiene

When brushing your teeth during the daytime, avoid using toothpaste as it can also go down your throat. Try to use only your toothbrush and water, or a Siwak (toothstick). Later, when you break your fast or after you have had Sahooor, you can use toothpaste to brush your teeth.

# What to Expect when Fasting for the First Time

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*Chapter Six*

As you begin the days of fasting, you can expect your body to signal hunger, tiredness, and overall sluggishness.

However, you can take steps to ensure that you are well-prepared to fast for the upcoming day, which might be the first time for many kids. These steps include:

- 1 **Drinking plenty of fluids during the night**
- 2 **Having dinner a little later than usual**
- 3 **Having Sahooor before Fajr time**

Try to eat and drink something even if you do not feel like having anything for Sahooor. Milk is the best drink to have as it provides energy and keeps you hydrated.

#### A What to Expect in the Early Part of the Day

Around 9:00 AM (breakfast time), you might feel a little hungry. In such a case, do some activity to keep yourself occupied. Recite the Qur'an, listen to beneficial Islamic lectures or videos, and engage in good deeds.

#### B What to Expect around Noon Time

By lunchtime, you may start feeling hungrier. This feeling might increase by late afternoon, especially on school days when you are more active. It is also normal to feel tired at this time. Consider taking a short nap, but make sure not to miss any prayers. Try to keep yourself distracted and remind yourself that Iftaar time is not far away.

Allah has designed our bodies to handle and get used to various circumstances. Within a few days, you will notice your body adjusting to the new routine of Ramadan, with Allah's permission.

#### C Iftaar

As the time for Iftaar approaches, it may become harder, but encourage yourself for the sake of Allah, reminding yourself that it is only a matter of a few hours. When Iftaar time comes and you break your fast, you will no longer feel as if you had been fasting the whole day.

#### **Memorize this beautiful du'aa and recite it when you break your fast:**

1

ذَهَبَ الظَّمَاءُ، وَابْتَلَتِ الْعُرُوقُ، وَثَبَتَ الأَجْرُ إِنْ شَاءَ اللَّهُ

**The thirst is gone, the veins are moistened, and the reward is confirmed, if Allah wills.**

Hisn al-Muslim 176

Remember to avoid overeating, as it can make you feel worse and prevent your body from getting accustomed to fasting.

### D Should You Exercise On the Days You Fast?

There is nothing wrong with moving around or taking a walk when you are fasting. It might even help you distract yourself from hunger. However, consider avoiding strenuous exercise and games like football until you get used to fasting and have a good idea of how much exercise you can handle without exhausting yourself.



# Helping Out One's Family and Community in Ramadan

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*Chapter Seven*

- Helping Out One's Family and Community in Ramadan

Being a month of generosity, Ramadan presents an opportunity to serve and benefit those around you. Here are ways you can extend your help to your family and community:

### 1 Feeding a Fasting Person



You can prepare something for Iftaar.

Even if you cannot offer it to a poor Muslim who is fasting, you can share it with your family, friends, or even your non-Muslim neighbours! Do not worry about preparing full meals.

Sharing a few sweets, dates, or anything from your plate or lunchbox is enough to bring joy to others, whether they are your family, neighbours, or fellow mosque-goers. Simple acts like these can earn you great rewards for helping break people's fast.

### 2 General Acts of Assistance

Read this beautiful hadith in which some Companions helped those who were fasting while they were accompanying the Prophet ﷺ on a journey:



عَنْ أَنَسِ رَضِيَ اللَّهُ عَنْهُ - قَالَ كُنَّا مَعَ النَّبِيِّ عَلَيْهِ السَّلَامُ فِي السَّفَرِ فَمِنَ الصَّائِمُ وَمِنَ الْمُفْطَرِ -  
قَالَ - فَنَزَلْنَا مَنْزِلًا فِي يَوْمٍ حَارًّا أَكْثَرُنَا ظِلًا صَاحِبُ الْكِسَاءِ وَمِنَ مَنْ يَتَقَبَّلُ الشَّمْسَ بِيَدِهِ - قَالَ  
- فَسَقَطَ الصُّوَامُ وَقَامَ الْمُفْطَرُونَ فَضَرَبُوا الْأَبْنِيَةَ وَسَقَوْا الرُّكَابَ فَقَالَ رَسُولُ اللَّهِ عَلَيْهِ ذَهَبَ  
الْمُفْطَرُونَ إِلَيْهِمْ بِالْأَجْرِ.

**Anas رضي الله عنه reported: We were with the Messenger of Allah ﷺ on a journey. Some of us had been observing the fast and some of us had not been fasting. We got down at a place on a hot day.**

**Most of us had the cloth for shelter. There were also those amongst us who sheltered (themselves against the rays of the) sun with the help of their hands.**

**The observers of the fast fell down (on account of weakness). Those who had not observed it got up and pitched tents and watered the mounts.**

**Thereupon the Messenger of Allah ﷺ said: The breakers of the fast have taken away the reward today.**

Sahih Muslim 1119a

You can assist with household chores, arrange mats or tables for Iftaar, lend a helping hand to a friend or neighbour, and more.

### 3 Zakaah al-Fitr



As 'Eid approaches, you can contribute to the preparation of Zakaah al-Fitr packets.

Help assemble and distribute them to those in need.

**4 Spreading Beneficial Knowledge About Fasting That You Have Gained**



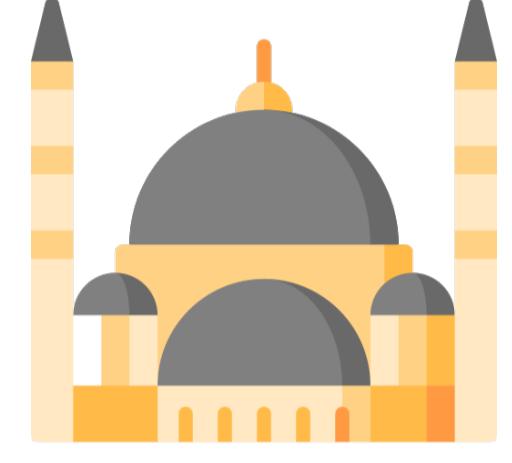
Share the knowledge you gain with people.

For example, if you learn about some rulings and matters related to fasting, tell your siblings, relatives and friends about them, or share videos and beneficial content to help spread knowledge of the Deen.

**5**

**Helping Out at the Masjid**

There are many ways you can support your local Masjid. Inquire with the Imam about opportunities.



You might assist in distributing water bottles, arranging prayer mats, cleaning the premises after Iftaar, and more.

During this blessed month, your actions of kindness and support can have a profound impact on your family, friends, and the community.

# Praying in Ramadan

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*Chapter Eight*

The most significant prayers for a Muslim, whether it is during Ramadan or outside of it, are the five daily prayers.

Allah warns us in the Qur'an against being neglectful of prayers:

1

**فَوَيْلٌ لِّلْمُصَلِّينَ • الَّذِينَ هُمْ عَنْ صَلَاتِهِمْ سَاهُونَ**

**So woe to those 'hypocrites' who pray, yet are unmindful of their prayers.**

Surah al-Ma'un 4-5

Hence, it is crucial to perform the obligatory prayers diligently and on time. While prayers like Taraweeh and Qiyam al-Layl hold importance, they do not overshadow the significance of the five daily prayers.

Then come the Sunnah prayers. The most important among them are:

- **Two units of sunnah prayer before Fajr**
- **Witr prayer at night**

#### A The Special Prayer During Ramadan

There is a special prayer offered exclusively during Ramadan called the 'Taraweeh' prayer. How do we engage in this unique prayer?

In Islam, days begin at Maghrib time. Thus, Ramadan commences on the evening before the first day of fasting. This is when Taraweeh begins.

Taraweeh is categorized as a form of night prayer or Qiyam al-Layl. While Qiyam al-Layl is prayed by Muslims throughout the year individually, Taraweeh is a congregational prayer offered specifically during Ramadan.

- **It consists of either 8 raka'at, with 2 units of prayer repeated 4 times, or 20 raka'at, with 2 units repeated 10 times.**
- **Praying Taraweeh earns you the reward of having prayed the entire night, as the Prophet ﷺ told us:**

2

**إِنَّهُ مَنْ قَامَ مَعَ الْإِمَامِ حَتَّىٰ يَنْصَرِفَ فَإِنَّهُ يَعْدِلُ قِيَامَ لَيْلَةٍ**

**Whoever stands with the Imam until he finishes, it is equivalent to spending the whole night in prayer.**

Sunan Ibn Majah 1327

#### B Witr

Taraweeh typically concludes with an odd-numbered prayer called 'Witr'.

**Witr is prayed only once during the night.**

Therefore, if you wish to pray again later in the night, you may do so, but avoid repeating the Witr prayer.

**c What to Do When You Get Tired Whilst Praying Taraweeh?**

Here are a few things you could do if you feel tired during Taraweeh:

- **Sit towards the sides of rows and listen to the Qur'an being recited**
- **Follow the Imam's recitation using a Mushaf**
- **Refresh yourself and aim to join the prayer when you feel more energized**
- **You can join the prayer after the Imam recites a portion of the Qur'an, but do not delay joining when the Imam goes into ruku'**

It would be nice to have a meal when you return home after praying Taraweeh. It will give you energy and help you get ready for another day of fasting.

# Last Ten Nights

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*Chapter Nine*



## The last ten nights of Ramadan are the most virtuous of times for a Muslim to dedicate to the worship of Allah.

The Prophet ﷺ strove extremely hard at the approach of these 10 nights, and made them come alive with worship of Allah ﷺ:

1

عَنْ عَائِشَةَ - رضي الله عنها - قَالَتْ كَانَ النَّبِيُّ ﷺ إِذَا دَخَلَ الْعَشْرُ شَدَّ مِئْزَرَهُ، وَأَحْيَا لَيْلَهُ، وَأَيْقَظَ أَهْلَهُ.

**Narrated Aisha:** With the start of the last ten days of Ramadan, the Prophet ﷺ used to tighten his waist belt (i.e. work hard) and used to pray all the night, and used to keep his family awake for the prayers.

Sahih al-Bukhari 2024

### A Laylatul Qadr

The final ten nights hold a remarkable gem known as 'Laylatul Qadr' or 'The Night of Decree'. It is the most auspicious night of the year, bearing uncountable virtues.

Allah says:

2

لَيْلَةُ الْقَدْرِ خَيْرٌ مِّنْ أَلْفٍ شَهْرٍ

**The night of Al-Qadr (Decree) is better than a thousand months.**

Surah al-Qadr 3

This signifies that worship on this night surpasses the rewards of over 83 years and 4 months of 'Ibaadah!

### B When in the Last Ten Nights Can a Muslim Hope to Find Laylatul Qadr?

The exact time of Laylatul Qadr is concealed from us by Allah's wisdom.

However, it is believed to fall on the odd nights of the last ten days of Ramadan, as indicated by a hadith of the Prophet ﷺ:

3

عَنْ عَائِشَةَ - رضي الله عنها - أَنَّ رَسُولَ اللَّهِ ﷺ قَالَ تَحَرَّوْا لَيْلَةَ الْقَدْرِ فِي الْوِتْرِ مِنَ الْعَشْرِ الْأَوَّلِ خِيرٌ مِّنْ رَمَضَانَ.

**Narrated `Aisha:** Allah's Messenger ﷺ said, "Search for the Night of Qadr in the odd nights of the last ten days of Ramadan."

Sahih al-Bukhari 2017

Keep in mind that the month could be 30 or 29 days, and so sometimes the days we think are odd could be even and vice versa. So there is no sure short way to calculate when Laylatul Qadr is.

● **Last Ten Nights**

We see four types of people during the last ten nights of Ramadan.

**They are:**

- 1 **Those who disregard extra efforts and miss out on Laylatul Qadr's immense rewards.**
- 2 **Individuals who strive only on the 27th night. They have a mere 10% chance of catching Laylatul Qadr.**
- 3 **Those who exert effort only on the odd nights, thereby holding a 50% chance.**
- 4 **The devoted slaves of Allah who exert their utmost effort on all ten nights, with the highest likelihood of catching Laylatul Qadr.**

During the last 10 nights, the Prophet ﷺ would perform I'tikaf, which means to stay in the masjid for a period of time and immerse oneself in the worship of Allah.

**c) The Best Du'aa to Recite in the Last Ten Nights of Ramadan**

Memorize this du'aa and recite it fervently in the last ten nights:

4 اللَّهُمَّ إِنَّكَ عَفُوٌ تُحِبُ الْعَفْوَ فَاعْفُ عَنِّي

**Allahumma innaka 'afuwun, tuhibbul-'afwa, fa'fu 'anni  
(O Allah, You are Most Forgiving, and You love forgiveness; so forgive me).**

Sunan Ibn Majah 3850

**D) Preparing for the Last Ten Nights of Ramadan**

As you approach the last 10 nights, strive as hard as you can to worship Allah. You can take the following steps to ensure you make the most of these precious nights:

- 1 Resting well during the day, focusing on staying awake the entire night to catch Laylatul Qadr.
- 2 Offering extra prayers during these nights
- 3 Engaging in abundant du'aa, as Ramadan is a time when du'aas are accepted.
- 4 Devoting time to read, learn, and contemplate the Qur'an

# My Qur'an Plan

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*Chapter Ten*

- My Qur'an Plan

# Ramadan is the month of the Qur'an.

Allah tells us that it is the month in which the Qur'an was sent down.

He says:

1

شَهْرُ رَمَضَانَ الَّذِي أُنْزِلَ فِيهِ الْقُرْآنُ

**The month of Ramadan in which was revealed the Qur'an...**

Surah al-Baqarah 185



It is a time when we should aim to strengthen our relationship with the Book of Allah. The Prophet ﷺ would revise the Qur'an every Ramadan with Jibreel عليه السلام.

## 1 Making a Qur'an Plan for Ramadan

To truly connect with the Qur'an, it is essential to have a well-structured plan with clear goals. Your plan can encompass various aspects, including recitation, memorisation, and understanding of the Qur'an.

Take a moment to assess your current situation and create a practical plan with achievable targets. Below are some areas that you can include in your Qur'an plan for the upcoming Ramadan:

## 2 Recitation

If you are unable to recite the Qur'an well, make fluent recitation of the Qur'an a goal for you.

To accomplish it, you need to focus on **two** areas.

- **Correct articulation of Arabic letters**

Learn the Arabic letters with correct pronunciation. Learn how to join them to pronounce words. Al-Qa'ida Al-Nooraniyyah is a book you can study to be able to read the Qur'an.

- **Tajweed of the Quran**

If you struggle with Tajweed, which is a set of rules for reciting the Qur'an, you could follow one of two methods:

- 1 **Study books like 'Tuhfathul Atfal' under a teacher.**
- 2 **Listen to your favourite reciter, and try to imitate his recitation.**



You should have a set portion of the day dedicated towards reading the Qur'an, during and outside of Ramadan. This daily portion is called 'wird'.

Every Muslim should allocate a portion of his day to Qur'an recitation, both during and beyond Ramadan. Parents can support their children in forming this habit.

### Here is how to get started:

- 1 **Determine a suitable time slot based on your routine and capacity**
- 2 **Recite the Qur'an throughout the day, with breaks, or all at once**
- 3 **Aim to increase your recitation time during Ramadan**

### 3 Memorisation of the Qur'an

Create a structured plan for Qur'an memorisation that allows you to track your progress. Memorisation is best done under the guidance of a teacher, and parents can also play a supportive role.

#### An effective approach is to:

- STEP 1** **Initially recite to your teacher while referring to the Mushaf**
- STEP 2** **Then recite from memory**
- STEP 3** **The following day, review the portion you memorised and build upon it**

#### Key Considerations:

- **Memorise at a pace that ensures strong retention; quality is more important than quantity.**
- **Maintain this practice beyond Ramadan.**
- **Consistent memorisation of even a quarter page can lead you to complete the entire Qur'an in 6-7 years.**
- **Prioritise revising what you have memorised over learning new portions to prevent forgetting.**

### 4 Understanding the Qur'an

Beyond recitation and memorisation, understanding the meanings of the Qur'an and applying them in your life is crucial.

Numerous Tafseer lessons are available to help you gain insights into the Qur'an. For instance, you can explore the Mini Tafseer series on AMAU Jr. Once you grasp the Tafseer of certain verses, make a sincere effort to implement their teachings in your daily life.

# The Day of ‘Eid

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*Chapter Eleven*

- The Day of 'Eid

The term 'Eid is derived from the root word 'aa-da, meaning 'to come back regularly'.

Therefore, any day in a year that occurs periodically, such as anniversaries and birthdays, is referred to as 'Eid.

For Muslims, 'Eid is a day of celebration, exchanging gifts, enjoying good food, and wearing new clothes.

The only festivals Muslims observe are:

**A Eid ul-Fitr**

The festival of breaking the fast, celebrated after Ramadan.

**B Eid ul-Adha**

The festival of sacrifice, observed after Hajj or during the first 10 days of Dhul Hijjah.

## 1 How Do We Determine the Day of 'Eid?

On the 29th day of Ramadan, Muslims search for the new moon of Shawwal. If it is sighted, the following day is declared as 'Eid. If not, Muslims complete 30 days of fasting.

Fasting on 'Eid days is not permitted as these days are designated by Allah ﷺ for celebration, including food and drink.

## 2 How is the Day of 'Eid Celebrated?

The Prophet ﷺ set an example for Muslims on how to celebrate 'Eid. There are several recommended actions (Sunnahs) to follow on this day.

For instance, before attending the 'Eid prayer, it is advised to eat something, even if it is just a date, to demonstrate the end of fasting.

## 3 'Eid prayer

The Eid prayer differs from regular prayers.

- It is usually prayed in a 'Musalla' which is an open space. This is a Sunnah. A Musalla can be a park, a field in the countryside, etc. However, it can also be prayed in a Masjid.
- Every Muslim comes out to the Musalla on the day of 'Eid, regardless of whether they can pray or not.
- The 'Eid prayer is performed before the Khutbah which is optional but it is recommended that we listen to it.



**4 How is it Performed?**

- 1 The Eid prayer has two raka'āt.**
- 2 The first unit of the prayer has seven Takbeeraat.**
- 3 The second unit of the prayer has five Takbeeraat.**

**5 Greeting Others on the Day of 'Eid**

The greeting that is most common on 'Eid and has been narrated from the Sahaba رضي الله عنهم is:

- تَبَّقَّلَ اللَّهُ مِنَّا وَمِنْكُمْ - May Allah accept from us and you.

You can also say:

- كُلُّ عَامٍ وَأَنْتُمْ بِخَيْرٍ - May you be well with every passing year.
- عِيدُكُمْ مباركٌ - A blessed 'Eid to all of you.

**6 What is 'Eid Really About?**

While Eid is a day of joy, it is vital to remember that true success and celebration lie in obeying Allah. Show gratitude and continue doing the good deeds practised in Ramadan even on 'Eid day.

Allah says in the Qur'an:

- 1 وَلِتُكْمِلُوا الْعِدَّةَ وَلِتُكَبِّرُوا اللَّهَ عَلَى مَا هَدَنَكُمْ وَلَعَلَّكُمْ تَشْكُرُونَ....  
So that you may complete the prescribed period and proclaim the greatness of Allah for guiding you, and perhaps you will be grateful.

Surah al-Baqarah 185

**7 Zakaah al-Fitr**

At Ramadan's end, every Muslim, including children, must pay Zakaah al-Fitr to ensure no poor Muslim goes hungry on 'Eid. This should be given 1-2 days before 'Eid. **Guidelines for Zakaah al-Fitr include:**

- Giving it in the form of food
- The amount to be given is one Sa', which is roughly 3 litres
- The food should be storable and not spoil quickly
- It should be a staple food commonly consumed in your country, like wheat, rice, barley, or dates
- It has to be paid by or on behalf of every single family member, including the babies

Try to get involved in the distribution of Zakaah al-Fitr, by measuring the foodstuff, packaging it and handing it over to those who are in need.

If it is difficult to find poor people in your city, you can give money to an organisation that will distribute the Zakaah al-Fitr on your behalf.

# The Post-Ramadan Plan

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*Chapter Twelve*

The conclusion of Ramadan signifies our responsibility to extend the good we practised during it for the remainder of the year. This is the time to assess the effectiveness of the training we received during Ramadan.

### A Sustaining Consistency in Good Deeds After Ramadan

Numerous opportunities arise throughout the year to perpetuate the virtuous actions undertaken during Ramadan, including fasting, voluntary prayers, and engagement with the Qur'an.

#### B Fasting

Fast the 6 days of Shawwal. If you have missed some days of Ramadan, you can make them up during Shawwal and then follow them up with 6 voluntary fasts.

The Prophet ﷺ said:

1

**مَنْ صَامَ رَمَضَانَ ثُمَّ أَتَبَعَهُ بِسِتٍّ مِنْ شَوَّالٍ فَكَأَمَا صَامَ الدَّهْرَ**

**If anyone fasts during Ramadan, then follows it with six days in Shawwal, it will be like a perpetual fast.**

Sunan Abi Dawud 2433

There are additional voluntary fasts that you can observe throughout the year to keep yourself accustomed to this act of worship. They are:

- 1 **Fasting on Mondays and Thursdays.**
- 2 **Fasting the White Days or Ayyām al-Bidr (يَمَّ الْبَيْض). They include the 13th, 14th and 15th of every month of the Islamic (Hijri) calendar.**

#### C Voluntary Prayers After Ramadan

Post Ramadan, you will not see people praying Taraweeh. Regardless, try to pray the Sunnah prayers regularly, such as the two raka'āt after 'Isha, and so on.

You can also wake up half an hour before Fajr and pray Qiyam al-Layl. This way, you will stay accustomed to praying voluntary prayers.

#### D Our'an

Have a portion of the Qur'an you recite daily. Maintain consistency in your memorisation and revision. Continue going through the Tafseer of the Qur'an even after Ramadan.

You may not find yourself engaging in good deeds as fervently as you did during Ramadan; nevertheless, strive to maintain consistency in performing them, even if they are fewer in terms of quantity.

Regular and consistent deeds are most beloved to Allah.

2

عَنْ عَائِشَةَ - رضي الله عنها - أَنَّهَا قَالَتْ سُئِلَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ أَيُّ الْأَعْمَالِ أَحَبُّ إِلَى اللَّهِ قَالَ أَدْوَمُهَا وَإِنْ قَلَ " . وَقَالَ " اكْلُفُوا مِنَ الْأَعْمَالِ مَا تُطِيقُونَ "

**Narrated `Aisha:** The Prophet was asked, "What deeds are loved most by Allah?" He said, "The most regular constant deeds even though they may be few." He added, "Don't take upon yourselves, except the deeds which are within your ability."

Sahih al-Bukhari 6465

### E Falling Short in Performing Deeds

It is very important to understand that there will be moments when we fall short and make mistakes, as well as moments when we excel and succeed. As Muslims, our duty is to use the training that Ramadan has given us to push ourselves to do good and leave off the sins we stopped during Ramadan.

The Prophet ﷺ said in a hadith narrated by 'Abdullah Ibn 'Amr:

3

إِنَّ لِكُلِّ عَمَلٍ شِرَّهً وَلِكُلِّ شِرٍّ فَتَرْتُهُ إِلَى سُنَّتِي فَقَدْ أَفْلَحَ وَمَنْ كَانَتْ فَتْرَتُهُ إِلَى غَيْرِ ذَلِكَ فَقَدْ هَلَكَ

**"Verily, every deed has enthusiasm, and every enthusiasm has a time limit. Whoever is enthusiastic for my Sunnah has succeeded, but whoever is enthusiastic for something else has been ruined"**

Ṣaḥīḥ Ibn Ḥibbān 11

The first night during which you must remain steadfast is the night before 'Eid, when the Shayateen are set free, and people start returning to heedlessness. Utilize that night for goodness and in obedience to Allah.

**May Allah grant you success and aid you in becoming a better Muslim with each Ramadan that passes.**



To ensure your progress, we recommend that you take this self evaluation quiz based on the notes and video series that you have just completed.

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